

## BOOK REVIEWS



**FOOD AND DIETETICS.** By Robert Hutchinson, M.D., Edin., M.R.C.S., assistant physician to the London Hospital and to the Hospital for Sick Children, Great Ormond Street. American Edition. Published by William Wood & Company, New York. Price, \$3.00.

The subject of dietetics is one that has been omitted from the curriculum of most training-schools in the past, but now that so much attention is being given to the subject by physicians and scientists it is becoming an important department of the nurse's instruction in domestic science. Good books on the subject are rare, as researches in this line are constantly overthrowing the old ideas, thus making books printed a few years ago unreliable.

One of the latest books on this subject is by Dr. Hutchinson, of London. Originally given in the form of lectures to medical students, it is written in a style to hold the attention and interest of the reader, and will be found exceedingly valuable as a reference-book for training-school libraries, and to the graduate whose training did not include this subject a study of its pages will prove entertaining and instructive.

Dr. Hutchinson quotes freely from such scientists as Atwater, Voit, and others, and from the bulletins issued by the United States Department of Agriculture. In the first two chapters is discussed the digestibility and "absorbability" of food, its composition, and tables of standard and actual dietaries are given and compared. The third chapter is on "The Influence of Various Conditions upon the Amount of Food Required." The divisions under this heading are: (1) "Work and Rest" (both muscular and mental work are considered); (2) "Influence of Weight and Build;" (3) "Influence of Age and Sex;" (4) "Influence of Climate and Season;" (5) "Influence of Personal Peculiarity."

The succeeding chapters explain the structure and composition of all the principal articles used for food, their nutritive value, and the effect of cooking. The last chapters are of especial interest to nurses, as they are so often left to decide as to what food a patient shall eat. The subjects of these chapters are "The Principles of Feeding in Disease" and "Artificial and Predigested Foods and Artificial Feeding."

**HOW TO KEEP WELL.** By Floyd M. Crandall, M.D. Doubleday, Page & Company, publishers. Price, \$1.50.

This will be found useful as a book of reference for pupils in training, as it contains in condensed form the history of medicine and an outline of the progress in the study of disease. It might also be recommended by nurses in practice to those patients who desire information in regard to precautions and preventive measures, as it contains much practical advice and is written in simple language, with very few of the technical terms ordinarily used in medical literature.

In the chapter on "Modern Medicine" is explained something of the position of the physician at the present day; in that on "The Causes of Disease" is given in a few words an idea of the ancient theory of disease and the theories at the present time.

The chapter on "Vaccination," in which the history and development of vaccination is given, together with the latest statistics to be obtained on the

subject, is especially valuable in these days of anti-vaccination agitation. "Sweden furnishes some particularly valuable facts, for excellent records have been kept since 1774. Between 1774 and 1801 the average smallpox mortality per million living was two thousand and forty-five. During fifteen years (1802 to 1816) of optional vaccination the average mortality was four hundred and eight, and for seventy-seven years of compulsory vaccination it averaged one hundred and fifty-five. During the ten years from 1884 to 1893 (the latest record I can obtain), under still more rigid laws, there was no year in which the rate per million was above five; it was in one year as low as 0.2."

A THESAURUS OF MEDICAL WORDS AND PHRASES. By Wilfred M. Barton, M.D., assistant to professor of materia medica and therapeutics, and lecturer on pharmacy, Georgetown University, Washington, D. C.; and Walter A. Wells, M.D., demonstrator of laryngology and rhinology, Georgetown University, Washington, D. C. Handsome octavo of 534 pages. Philadelphia, New York, London: W. B. Saunders & Company, 1903. Flexible leather, \$2.50 net; with thumb index, \$3.00 net.

This is a unique work, and the authors deserve the gratitude not only of the medical fraternity, but of every nurse who has ever puzzled her brains trying to recall some technical term, the meaning of which she knows, which has been used by a lecturer, which she could not spell and so did not have in her lecture notes.

Suppose she is writing up a lecture on "Bacteria" and wishes the names of the different varieties; she turns to the word "Bacterium," and she finds:

"Bacterium (pl. Bacteria). See also Micro-organism, Coccus, Bacillus, Fungus. Synonym: Schizomycete (pl. Schizomycetes); (adj. Bacterial.)

"b. arising from outside. Ectogenous b.

"b. arising from within. Endogenous B/.

"b. requiring air. Aërobic b.

"b. not requiring air. Anaërobic b.

"b. invading the blood. Hematophyte b."

and so on for a long list which fills the heart of one who well remembers the first time she heard the word "Schizomycete" and the trouble she had in finding out how to spell it with joy.

Some quotations from the Introduction will give a better idea of the aim of the book than anything the reviewer can write:

"Instead of supplying, as an ordinary dictionary does, the meaning to given words, it reverses the process, and when the meaning or idea is in the mind, it endeavors to supply the fitting term or phrase to express that idea. It aims especially to give the technical equivalents of vernacular or vulgar medical words, and under appropriate headings to present all the technical words associated with a given subject.

"It must be distinctly understood that this work is not intended to supplant the medical dictionary or glossary, having a wholly different purpose, and the definitions are as short as practicable in keeping with that purpose.

"It must be borne in mind also that a thesaurus, in the sense here used, is not an encyclopædia or a treatise upon medical subjects."

Truly "this thesaurus of medical terms and phrases will be found of inestimable value to all persons who are called upon to state or explain any subject in the technical language of medicine," and every nurse who wishes to perfect herself in the use of technical terms should own a copy, and every superintendent would do well to add a copy to her training-school library.

I. R. P.